



38. SOLA-Stafette

Zürich / 07.05.2011

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Le rose del RoSe

□□: Ang.
□□: 434

□□: 116.80 km
Sola-Stafette

□□□□:
Langsame

□□□: 11:29:44

□□: 10.09 km/h
□□□□: 5:54 min/km

□□□□□: 743 (of 790)

□□□□□□: 6:52:28

□□□□□: 439(of 477)

□□□□□□□: 8:43:10

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hönggerberg	4.40		6:54	454	13:12	764	14:35	4.40	30:24	6:54	1	30:24	1	30:24
Buchlern	13.25		5:44	449	28:34	752	33:04	17.65	1:46:29	6:01	1	1:46:29	1	1:46:29
Uetliberg	6.20		7:18	412	16:09	710	19:45	23.85	2:31:50	6:21	1	2:31:50	1	2:31:50
Felsenegg	5.90		5:26	221	9:29	445	12:10	29.75	3:03:57	6:10	1	3:03:57	1	3:03:57
Buchlern	14.02		5:54	407	30:56	710	34:57	43.77	4:26:42	6:05	1	4:26:42	1	4:26:42
Hönggerberg	11.10		5:13	195	16:09	410	18:50	54.87	5:24:41	5:55	1	5:24:41	1	5:24:41
Irchel	5.10		8:10	470	22:36	781	24:56	59.97	6:06:23	6:06	1	6:06:23	1	6:06:23
Fluntern	6.34		5:05	147	8:22	341	10:27	66.31	6:38:38	6:00	1	6:38:38	1	6:38:38
Forch	11.30		5:56	382	25:34	678	28:26	77.61	7:45:44	6:00	1	7:45:44	1	7:45:44
Egg	8.75		5:17	178	12:56	386	14:10	86.36	8:32:05	5:55	1	8:32:05	1	8:32:05
Zumikon	12.99		5:19	203	16:03	431	22:12	99.35	9:41:16	5:51	1	9:41:16	1	9:41:16
Witikon	6.91		6:27	461	20:50	769	23:38	106.26	10:25:56	5:53	1	10:25:56	1	10:25:56
Fluntern	4.90		6:53	457	16:57	765	17:29	111.16	10:59:44	5:56	1	10:59:44	1	10:59:44
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Irchel	5.64		5:19	280	9:47	529	11:21	116.80	11:29:44	5:54	451	3:19:32	763	4:37:48